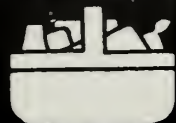


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CONSUMER TIPS > >

Information from Bureau of Home Economics, USDA)

GPO 1. Liver - all kinds; exceptionally rich in vitamin A; rich in riboflavin, iron, phosphorus; contains thiamin, nicotinic acid, vitamin D. Calf liver most expensive; beef & lamb liver better buy. Should be bright-colored, firm.

2. Kidney - rich in iron, phosphorus, riboflavin; good source of vitamin A, C & thiamin. Lamb kidney most expensive; beef, veal, hog kidney less. High-flavored kidneys can be tempered in flavor by bringing to boil

in successive cold waters. Should be bright, brownish red.

3. Brains - good source of iron, phosphorous, thiamin, vitamin C. Firmness is quality desired; calf's brains firmest, lamb & hog brains less firm. Buy by pound.

4. Tripe - rich in calcium; good source of iron, phosphorus. Excellent bargain meat; use in stews, soups.

5. Heart - rich in iron, phosphorus; also provides thiamin, riboflavin. Lamb heart most expensive; veal & beef heart less. Beef heart needs more tenderizing methods of cooking. All heart should be bright, dark red color, firm & full, with more fat surrounding it the better.

CONSUMERS' COUNSEL DIVISION

U. S. DEPARTMENT OF AGRICULTURE

WASHINGTON, D. C.

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